Canelith

PERSONAL TRAINING

YOUR REAL PROGRESS



FOR YOUR CANELITH PLAN

Progress tracker

How to take your photos and measurements, your starting form and the tables to see your progress week by week.

Printable | Photos and measurements | Weekly check-in

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Welcome

This tracker helps you see your real progress, not just what the scale says. When you start your plan with me, I ask you for three things: **your starting photos**, **your measurements** and **your starting form**. With that I build your plan, and every week we check how you're doing.



Minchu's tip: your weight changes from one day to the next because of water, salt, sleep or your period. That's why we look at photos, measurements and strength together: you see the change even when the scale doesn't move.

Your photos are private: only you and I see them, for your follow-up. They are never published without your written permission.

Starting form

Fill it in before your assessment. The clearer it is, the better your plan will be.

QUESTION	YOUR ANSWER
Name and country where you live	
Age, height and today's weight	
What do you want to achieve? (lose fat, build muscle, get stronger, health, other)	
How many days a week can you train, and for how long?	
Where do you train? (gym, home, park) and what equipment do you have	
Have you trained before? For how long?	
Injuries, pain or surgeries	
Health conditions, medication, pregnancy or postpartum	
How many hours do you sleep?	
What do you eat on a normal day? (breakfast, lunch, dinner, snacks)	
Allergies or foods you don't eat (vegan, vegetarian, gluten-free...)	
What has been hardest for you so far?	

Important: if you have a health condition, are pregnant or have an injury, check with your doctor before you start.

How to take your photos



Front



Side



Back



Your setup

Take **3 photos**: front, side and back. Repeat them **every 4 weeks**, exactly like the first time.

1. **Same time:** in the morning, after using the bathroom and before eating.
2. **Same place and same light:** in front of a plain wall, with the light in front of you (a window ahead of you, not behind).
3. **Same clothes:** sports bra or top and short leggings or fitted shorts, so your shape shows.
4. **Steady camera:** prop up your phone or ask for help. Put it at belly-button height, about 2 to 3 m (7 to 10 ft) away, upright. Use the timer.
5. **Relaxed posture:** standing, feet hip-width apart, arms loose at your sides, without sucking in your stomach or posing.
6. **No filters:** no retouching, no beauty mode, no wide angle.



Wilson's tip: mark with tape on the floor where your feet go and where the phone goes. That way all your photos match and the change shows.

How to take your measurements



Sewing tape



Waist



Hips



Chest



Arm



Thigh



Calf



Your weight

You need a **sewing tape measure** (the flexible kind). Measure yourself **every 2 weeks**, in the morning, before eating and before training.

- The tape goes **on bare skin**, straight (parallel to the floor), **not tight and not loose**.
- Stand tall and relaxed. Don't suck in your stomach: breathe normally and measure at the end of the breath out.
- Always measure **the same side** (for example, the right one).
- Measure each spot **twice** and write down the average.

MEASUREMENT	WHERE THE TAPE GOES
Waist	At belly-button height.
Hips	Around the widest part of your glutes, feet together.
Chest	At nipple height, arms down.
Arm	Halfway between shoulder and elbow, arm relaxed.
Thigh	Halfway between the groin and the knee.
Calf	Around the widest part.

Your weight

- Weigh yourself on the same scale, in the morning, after using the bathroom, before eating and in light clothes.
- Weigh yourself 2 or 3 times a week and write down the **weekly average**. The average tells you more than a single day.

- During your period it's normal to gain 0.5 to 2 kg (1 to 4 lb) of water. Don't panic.

Your measurements every 2 weeks

DATE	AVG. WEIGHT KG (LB)	WAIST CM (IN)	HIPS CM (IN)	CHEST CM (IN)	ARM CM (IN)	THIGH CM (IN)	CALF CM (IN)
Start							
Wk. 2							
Wk. 4							
Wk. 6							
Wk. 8							
Wk. 10							
Wk. 12							

Your weekly check-in

Send me this every week (on the same day, for example Sunday). From 1 to 5: 1 is very bad and 5 is very good.

WEEK	WORKOUTS DONE	ENERGY 1-5	SLEEP (HOURS)	HUNGER 1-5	EATING TO PLAN 1-5	PAIN OR DISCOMFORT	NOTES
1							
2							
3							
4							
5							
6							
7							
8							

Your strength

Write down the weight and reps of your main exercises. If you lift more weight or do more reps with good form, you're making progress.

EXERCISE	START	WK. 4	WK. 8	WK. 12
1.				
2.				
3.				
4.				
5.				

How to read your progress

- **Your waist goes down but your weight doesn't move:** you're doing well. You're losing fat and gaining or keeping muscle.
- **Your strength goes up:** you're doing well, even if you don't see changes in the mirror yet. Visible changes take 4 to 8 weeks.
- **Nothing changes in 3 or 4 weeks:** we review it together (food, sleep, steps and training) and adjust the plan.
- **Something hurts when you train** (sharp pain, not tiredness): tell me that same day and we change the exercise.



Canela's tip: compare photos from 4 or 8 weeks ago, not from yesterday. Change shows over time.

Follow your plan and your tracker at **canelith.com**.